



NEWS FOR ALL SEASONS

Wayne County Area Agency on Aging

ISSUE 89

December 2017

EMERGENCY/ INCLEMENT WEATHER POLICY

The Wayne County Area Agency on Aging and Wayne County Transportation general policy is as follows:

- 1 If the schools are closed for inclement weather which affects roads and travel, the senior centers, home delivered meals and County transportation system will not operate.
 - Wayne Highlands School District: All Centers closed.
 - Western Wayne School District only: Hamlin Center closed.
 - Wallenpaupack School District only: Hawley Center closed.
- 2 If the schools are closed for other reasons (ie: power outages), a determination will be made if the centers, home delivered meals and transportation will operate. This will be announced on the local radio (Bold Gold Media) and TV station (WBRE) as early in the morning as possible, no later than 7:00 am.
- 3 If the schools have a delay for inclement weather, the senior centers and home delivered meals will work a normal schedule with no delay. Transportation will attempt to run as close to schedule as possible.

PLEASE NOTE:



- * the only time the offices will close is when the Court House closes.
- * home delivered meals may not be delivered if clients' sidewalks or drive-ways are not clear.
- * transportation may cancel your ride if the local roads are not plowed or safe to transport - even if they are open/operating during inclement weather or questionable road conditions. A determination will be made on a case by case basis.



The Holiday Season is one for giving.

Please remember, Aging Staff are not allowed to accept gifts.

But, Kind words of "Thanks" or "Happy Holidays" are always appreciated!



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<div></div>	<div><p>Ice cold milk served with all meals</p></div>	<div></div>	<div><p>1) Mediterranean Meatloaf Fluffy whipped potatoes Roasted Brussel sprouts WG Dinner Roll Chilled applesauce</p></div>	
<div><p>4) Creamy tomato soup Toasted ham & cheese on a WG croissant Crisp Salad greens with kale & garbanzo beans Beaming banana HD-Ham slice Parslied potatoes WG bread /butter Fresh apple</p></div>	<div><p>5) Lemon pepper fish Baked potato Luscious lima beans WG roll with butter Giggling grapes HD-grape juice</p></div>	<div><p>6) Open faced roast beef sandwich with gravy Fluffy whipped potatoes Succulent squash Baked apple</p></div>	<div><p>7) Sweet & sour pork Cantonese Beautiful brown rice Roasted carrots Crisp greens with spinach HD-Spinach Adorable apricots <i>NW- Juice, Ham & cheese on WG croissant, salad, fresh apple</i></p></div>	<div><p>8) Chicken drumsticks Sweet potato Blistry beets WG roll with butter Mandarin oranges</p></div>
<div><p>11) Carrot ginger soup Chef salad with HB eggs & chick peas HD-Turkey chili con carne/Brussel sprouts WG breadsticks Tangy tangerines</p></div>	<div><p>12) Swiss steak with brown gravy Fluffy whipped potatoes Perky peas WG split top dinner roll/butter Cantaloupe slice HD- fresh orange</p></div>	<div><p>13) <u>Holiday meal</u> Lobster Bisque Brown sugar ham with pineapple slices Fingerling potatoes Roasted asparagus WG biscuits/butter Cherry cheesecake</p></div>	<div><p>14) Orange juice Western baked egg Sweet sausage patty Home fried potatoes WG cinnamon roll Grapefruit slices</p></div>	<div><p>15) Beef burgundy over noodles Italian green beans Spring mix with carrots & tomatoes HD-Squash Orange chiffon dessert</p></div>
<div><p>18) Italian wedding soup Sliced turkey breast on WG roll Lettuce & tomato Marinated vegetable salad HD- Hot turkey sandwich/gravy Peas Tangy tangerines</p></div>	<div><p>19) Chicken Scaloppini Baked sweet potato Roasted broccoli WG roll/butter Chilled peaches</p></div>	<div><p>20) Mediterranean baked fish Fluffy whipped potatoes Roasted Brussel sprouts WG breadstick Tropical fruit salad</p></div>	<div><p>21) Vegetable lasagna Italian meatballs Roasted asparagus Crisp salad greens with garbanzo beans HD-broccoli Appealing apricots</p></div>	<div><p>22) Pork cutlets with gravy Fluffy whipped potatoes Peas & carrots WG split top dinner roll/butter Emerald pears</p></div>
<div><p>25) Closed</p></div>	<div><p>26) Creamy macaroni and cheese Stewed tomatoes Spring mix with spinach HD- Spinach Strawberry/ banana/pineapple cup</p></div>	<div><p>27) <u>Holiday meal</u> Pork and sauerkraut Fluffy whipped potatoes Steamed spinach in olive oil and garlic Rye bread/butter Ice cream/chocolate syrup</p></div>	<div><p>28) Beef barley soup Chicken salad on WG roll Three bean salad Fresh banana HD- Baked chicken Mixed beans Fresh pear</p></div>	<div><p>29) Beef stew Marinated vegetable salad HD- Capri blend WG biscuit/butter Chilled applesauce</p></div>



Everyday at the Hawley Center

<u>Monday</u> Cards & Games 8-3 Gym Equipment 10:30 – 11:30 Exercise 11:30 - 3 Mah Jong	<u>Tuesday</u> Cards & Games 8-3 Gym Equipment 8-3 Gym Equipment 1 - 2 Bingo	<u>Wednesday</u> Cards & Games 8-3 Gym Equipment 10 - 12 Crafts 10:30 – 11:30 Exercise 1-2 Tai Chi 5:30 – 8:30 Mah Jong	<u>Thursday</u> Cards & Games 8-3 Gym Equipment 1:00 Bingo 11 – 2:30 Card Club 10:30-11:30 Chair Yoga (1 st & 3 rd)	<u>Friday</u> Cards & Games 8-3 Gym Equipment 10 - 2 Crafts 10:30 – 11:30 Exercise
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Everyday at the Hamlin Center

<u>Monday</u> Cards & Games 8:00-12 Pinochle	<u>Tuesday</u> Cards & Games 1:00 Bingo	<u>Wednesday</u> Cards & Games 10:00 Exercise 1:00 Mah Jong	<u>Thursday</u> Cards & Games 10:00 Exercise 1:00 Crafts	<u>Friday</u> Cards & Games 10:00 Bingo
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Everyday At the Honesdale Center

CAREGIVER'S SUPPORT GROUP – WEDNESDAY, DECEMBER 13 – 1:30

<u>Monday</u> 10:30 Bridge 12:00 Jazz Class 1:00 Crafts 12-2 Advanced Class Line Dancing 2-4 Beginning/Intermediate Line Dancing	<u>Tuesday</u> 10:30 Exercise 1:00–4:00 Pinochle	<u>Wednesday</u> 10:30 Exercise 10:30 Bridge 11:00 Tai Chi 1:00 Art Class 1:00 Bingo 1:00 Mah Jong 3:00 Jazz Dancing	<u>Thursday</u> 10:00 Games 10:30 Chair Yoga (2 ND & 4 TH Thursdays) 1:00 Cards	<u>Friday</u> 10:30 Exercise 1-2:30 Shuffleboard 1-2:30 Cribbage 1:00 Pool 1-2:30 Rummikub 1-3 Memoir Writing Group (1 st & 3 rd)
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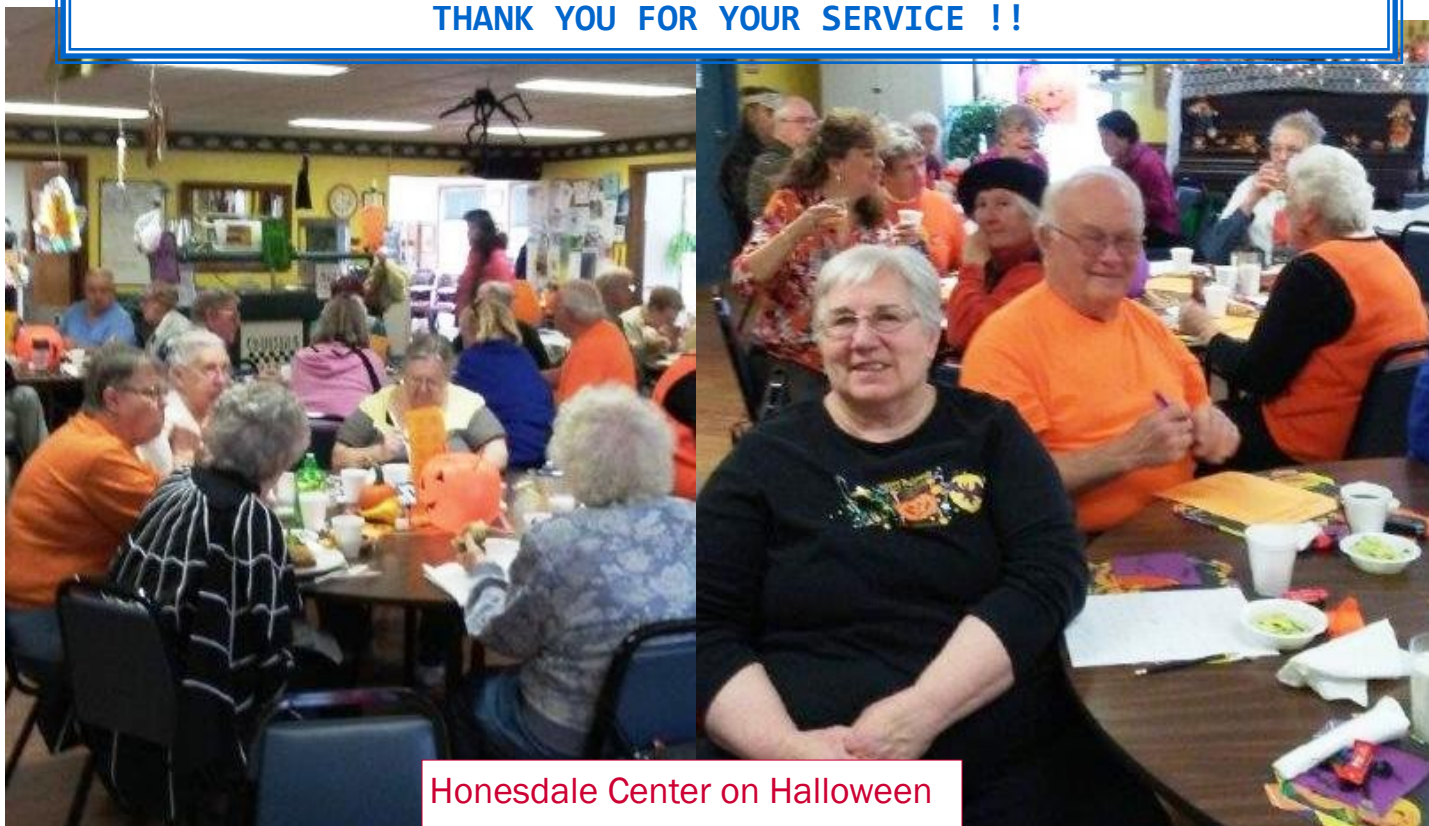


NORTHERN WAYNE
CENTER
THURSDAY, DECEMBER 7

ALL CENTERS &
OFFICE CLOSED –
CHRISTMAS DAY
DECEMBER 25



Veterans Day Honorees in Honesdale:
Bernard Derrick / Jim Byrnes / Aaron Havilan / Terry Roberts
THANK YOU FOR YOUR SERVICE !!



Honesdale Center on Halloween



Belong to an organization, need a speaker? WE can help Speakers are available on a variety of topics, such as: services or programs available through the Area Agency on Aging Office, Wayne County Transportation, Drug and Alcohol, Children and Youth, Behavioral Health and more. Give us your idea and we will find an appropriate speaker for you, just give us a call at 570-253-4262 and ask for Juliann Doyle or email:

jdoyle@waynecountypa.gov

Northern Wayne News

On October 26th we held our Halloween party. A “howling” good time was had by all. Prizes were given out for best costumes. We played Halloween bingo, a spider toss game, and sort the M&M’s.

Starting in November, we will switch to our winter schedule. We will only be meeting the first Thursday of the month. Our next meeting will be held on December 7th. It will be our Christmas party, and maybe even a visit from the “jolly old elf” himself, THAT IS, if you’ve all been good boys and girls!

If you would like to make a reservation, call Marie at 570-253-5540.



November birthdays celebrated in Honesdale: Audrey Debiak & John Mican (above)

Northern Wayne Celebrates Halloween (below)





Another year is coming to a close and the holiday season is in full swing. I'd like to wish everyone a very Merry Christmas and hope you will be able to spend time with family and friends during the holidays. Remember if you are alone and feeling blue the senior centers are a great place to forget your problems and lift your spirits while visiting with friends.

After the eating, drinking and merriment is over I promise to get to work on the 2018 bus trips. I like to try to get trips planned early so you can get them on your calendars and get your finances in order. Which reminds me, when the kids ask you what you want for a Christmas gift tell them instead of knickknacks to sit on a shelf collecting dust, you'd like to go on our bus trips. Entertainment, fun with friends, a good lunch and getting away from the house for a day makes for a great gift.



Already in the works for next year is our overnight trip to the Cape Cod seashore. We went about 10 years ago and people have been asking to return. I'm shooting for Sept. 10th to the 14th. The weather is still nice that time of year and the crowds are gone which is another plus.

Also, two trips to Mt. Airy Casino for gaming, a show & lunch. In May, it will be an Elvis show and the "Queens of Country" show will be in November. You can keep up to date by checking our newsletters, flyers at the senior centers or the Wayne County Aging web page.

Just a FYI: always remember to bring a photo I.D. with you on our trips. If an emergency should arise we may need your information in a hurry.

Once again may you have a wonderful Christmas and a happy and healthy New Year. My Love to All, Debbie

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Hamlin Center started the month of November by making a craft Turkey placed on a billboard and then the Seniors added feathers with statements of gratitude for 2017. The craft was life affirming and reflective. On November 16th we celebrated with our Thanksgiving Dinner! The seniors enjoyed wonderful entertainment provided by Andy Anderson, and took part in an annual Thanksgiving activity. Fifty-seven seniors were present. We wish to thank everyone who was part of making the Thanksgiving feast. Also, thank you Debbie and all the Senior volunteers for your contribution to the event!





HAMLIN NEWS

Is it me or did this month go by faster than normal? It is a sign that the Fall/Winter holiday season is upon us!



The Hamlin Center facilitated a Halloween party on October 31st! Eleven (11) of our seniors faced off to win the Halloween contest, but not before, they took part in a few daring games. One game called for a few volunteers to allow staff to place freaky masks over their heads.

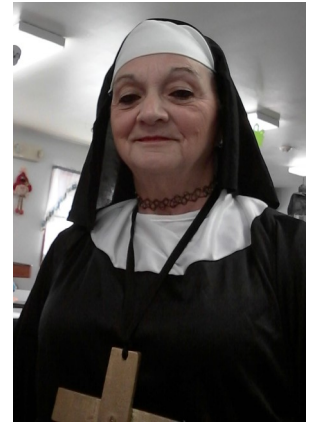
During the game volunteers couldn't see what they looked like in the masks but their peers could.... and each participant had to blow up a balloon, tie the knot, and sit on it before their competitor. It allowed for a few laughs and Janet S. got the job done! The seniors were very creative in their costuming and even the President himself was present to share in the festivities. (Almost).

Our contest winners included: John C. won for the Funniest dressed as President Trump. He played his role well and was a barrel of laughs. The Most Original prize went to MaryAnn V. for being a blessed nun. She looked perfectly heavenly.

dressed up like the

King's Joker and Helen L. was dressed like a long bearded, frightening ugly, old man with a stick.

Children were popping in and out from 12 PM to closing adding to our festive event.



We had a tie for the Scariest. Sue G.

VEHICLE WINTER PREPARATION

The winter season is beautiful and can be festive, however often it presents unexpected challenges and experiences. Many of us opt not to venture out if travel has been deemed unsafe however, In an instant, a white out condition may take place and have us sitting on the side of the road. The best way to plan for the unexpected is to have contingency plan in place like an emergency Winter Kit.

Noted below are some items for safe travel recommended by Wikipedia.

Keep these items in a bag in your trunk:

- Battery– or hand-crank–powered radio and flashlight, plus extra batteries.
- Blanket.
- Booster cables.
- Bottled water and nonperishable high-energy foods such as granola bars, raisins, and peanut butter.
- Fire extinguisher (5-lb., A-B-C type)
- First-aid kit and manual.
- Maps, shovel, flares.

Upcoming Events for December

- Christmas Carol Sing-Along - Friday, Dec. 1st at 1:00 PM
- Blossoms Jewelry Making Class – Tuesday, Dec. 5th at 10 am
- Cookie Baking With Becky – Wednesday, Dec. 6th at 1 PM
- Woman's BBCM Choir - Friday, Dec. 8th at 12:30 PM
- Woodloch Pines Cooking Trip – Monday, Dec. 11th
- December Birthday Bash – Tuesday, Dec. 12th after lunch
- Hamlin Senior Center Christmas Party – Wednesday, Dec. 13th at 11 AM Entertainment by "Music Reflections"
- Christmas Bingo – Tuesday, Dec. 19th
- Ugly Sweater Contest – Friday, Dec. 22nd
- CENTER CLOSED – Merry Christmas!
- New Year's Eve Party – Music by "Windfall" Friday Dec. 29th at 1:00 PM



Home for the Holidays *If you're like most Americans, you don't get to see your elderly loved ones as often as you'd like. The holidays offer an opportunity to visit with parents and grandparents. Given that 1 in 10 older Americans are abused and neglected, the National Center on Elder Abuse wants everyone to know what they should be looking for when visiting elderly loved ones to ensure that they are aging with respect and dignity.* For many of us, the holidays offer a once-a-year time to visit with elderly relatives who live at a distance. These holiday visits are a good time to assess what assistance parents or other elderly loved ones might need to safely age in their homes. There are many things to consider. Prepare a checklist of things to look out for and to discuss with your elderly loved one. It might include questions such as:



- Does an elderly loved one require help with chores or housekeeping, bathing, dressing, shopping and meal preparation, managing money, transportation or medications?
- Are they isolated? How often do they socialize with others?
- If living with another, are they dependent on that person for care? Is that person an appropriate caregiver? Does the caregiver understand the medical conditions that the elder has?
- During your visit, keep an eye out for warning signs of self-neglect, or abuse or neglect by others (see next page). Remember that most elder abusers are related to the older person.
- If, *before* you make your trip, you suspect that your loved one needs extra assistance, plan a longer stay so that you can visit local aging service organizations, physicians and attorneys during regular work hours.

(continued on next page . . .)

Ala Carte Menu		December			1) Soup of the day Baked potato with toppings
4) Tomato Soup	5) Soup of the day Reuben sandwich	6) Soup of the day Taco salad	7) Soup of the day Sausage/peppers & onions with pierogies	8) Soup of the day Br. Haddock & cheese on a bun with tartar sauce	
11) Soup of the day Pasta with meat-balls/sauce & cheese	12) Soup of the day Breaded chicken tenders with French fries	13) Serve in packing room Chili con carne with cheese & onions	14) Soup of the day Egg salad sandwich	15) Soup of the day Chicken cheese steak wrap w/onions	
18) Soup of the day Cheese burger with French fries	19) Soup of the day Chicken spring wrap	20) Soup of the day Turkey bacon ranch salad	21) Soup of the day Turkey tetrazzini over pasta	22) Soup of the day Individual pizza	
25) Closed	26) Tomato Soup Grilled cheese sandwich	27) Soup of the day Mandarin chicken salad	28) Soup of the day Hot ham & cheese on a pretzel roll	29) Soup of the day Quiche	





Make the most of your visits by taking some private time with the elder to discuss future planning. Seniors may not be aware of a gradual decline and may be reluctant or unable to plan for needed care. Support and guidance from family members can help prevent serious accidents and future health complications. Noticing and correcting problems can help keep seniors safely in their homes. *Allow time* for them to express anxieties and needs. You can decide together what needs to be done and who can help.

Some warning signs to look out for:

SELF-NEGLECT *If the senior lives alone and does not have anyone providing assistance, self-neglect may become an issue. Some things to look for include:* • Senior appears confused • Senior is no longer able to handle meal preparation, bathing, bill paying, etc. • Senior seems depressed • Senior is drinking too much or is abusing drugs • Senior is falling frequently • Senior appears undernourished, dehydrated, under-medicated, or is not getting care for problems with eyesight, hearing, dental problems, incontinence, etc.

NEGLECT OR ABUSE BY OTHERS *If the senior lives with others or has someone coming in to help, neglect or abuse may become an issue. Some things to look for include:* • Presence of “new best friend” who is willing to care for the senior for little or no cost • Recent changes in banking or spending patterns • Older person is isolated from friends and family • Caregiver has problems with drugs, alcohol, anger and/or emotional instability • Caregiver is financially dependent on the older person • Family pet seems neglected or abused • You find an abundance of mail and/or phone solicitations for money (“You’re a winner!”) • Senior seems afraid of the caregiver • Senior has unexplained bruises, cuts, etc. • Senior has “bed sores” (pressure sores from lying in one place for too long) • Senior appears dirty, undernourished, dehydrated, over- or under-medicated, or is not receiving needed care for problems with eyesight, hearing, dental issues, incontinence.

What should you do? • If you suspect your older loved one is at risk and he/she lives in the community, call your local Adult Protective Services or Office on Aging. If the person lives in a licensed facility, call the local Long-term Care Ombudsman. You can find the numbers for your state at www.ncea.aoa.gov. • Introduce yourself to responsible neighbors and friends. Give them your address and phone numbers in case of an emergency. • Ask your elderly loved ones directly if they are afraid of anyone, if anyone is taking things without their permission; if anyone is asking them to do things they are not comfortable with, or if anyone is humiliating them. These screening questions may reveal hidden anxieties caused by abuse or neglect.

RESOURCES *National Center on Elder Abuse:* www.ncea.aoa.gov *Ageless Alliance:* www.agelessalliance.org *Eldercare Locator:* www.eldercare.gov This toll-free service operates Monday through Friday, 9:00 a.m. to 8:00 p.m. (Eastern time) and can be reached at 1-800-677-1116. **AARP:** http://assets.aarp.org/external_sites/caregiving/planAhead/long_distance_issues.html Tips on Long-distance Caregiving.

This document was completed for the National Center on Elder Abuse (Grant Number 90-AB0002) and is supported in part by a grant from the Administration on Aging, U.S. Department of Health and Human Services (DHHS). Grantees carrying out projects under government sponsorship are encouraged to express freely their findings and conclusions. Therefore, points of view or opinions do not necessarily represent official Administration on Aging or DHHS policy.





H A W L E Y N E W S

How amazing it is that another year has gone by. Now we can start looking forward to Santa Claus coming to town, having our Christmas Party and ringing in the New Year. Our Christmas Dinner will be held on Wednesday December 13th starting at 11 with seasonal music and a visit from Santa and Mrs. Claus. We will have a delicious meal followed by a scrumptious desert, door prizes and all the good company you can handle. We also need to look at all the upcoming programs and activities we will have throughout the New Year.

This month we will have the Black Bear Choir on Friday Dec 8th at 11am to bless us with Christmas music. Also on Friday Dec 15th we will have the opportunity to enjoy more music played by Stephen Faubel and Glenn Carasiti at 11am.

We will ring in the New Year on Wednesday Dec 29th. Come on in and join the crowd of bell ringers and noise makers. HAPPY NEW YEAR 2018. My how the time does fly.

Our December Birthdays are; Barbara Billow, Karen Mehrtens, Linda Simons, Gerri Lueck, Ruth E. Thomas, Paddy Sutton, Doug Clapper, Jules Nyiri, Luecreaher Stevenson, Mary Docktor and Barbara Briden.

Happy Birthday to you all!

Halloween Party - October 31—There was a great turnout for our Halloween party. Our three costume contest winners were Arlene Seig (Sherlock Holmes), Joyce Green (Spider Web) and Bernice Russell (Ghoul). Seniors enjoyed a variety of Halloween-themed games and treats.

Thanksgiving Day Celebration – November 16- Traditional turkey dinners were served to 125 seniors at the center's annual Thanksgiving party. It was a packed house, with seniors socializing and having fun together. Many received door prizes to take home.

December 6 – Andy Anderson on the Keyboard

Andy Anderson will visit on Wednesday, December 6 at 11:00 AM to serenade the center with favorite holiday tunes. Please plan to come before lunch to take part in the joys of the season.

December 7 – Wallenpaupack North Intermediate School Choral Group

Plan to come at 10:30 AM on Thursday, December 7 to hear the angelic voices from the Wallenpaupack North Intermediate School's choral group, under the direction and accompaniment of Loriann Kerber as they treat us to some holiday music. The students' performance begins promptly at 10:45.

December 13, – Christmas/Hanukah Party—Call early to reserve your seat!

Please call Kathy at 570-253-5540 to reserve a spot for the holiday dinner planned for Wednesday, December 13. This year's menu features lobster bisque, brown sugar ham with pineapple, and cherry cheesecake. Rumor has it that Santa will be making an appearance. It is a great opportunity to see old friends, have some holiday treats and maybe take home a door prize!

Lending Libraries

Did you know that each of the three centers have hard and soft cover books, magazines, movies, puzzles and audio books to lend? Please stop by and peruse the selections and borrow an item or two!

H O N E S D A L E N E W S

5 New Year's Resolutions To Make:



Most people treat the New Year as a fresh start, setting a variety of personal goals for optimum health, wellness and productivity. Although New Year's resolutions are made with good intentions, they are often unrealistic goals and soon broken by springtime. Many seniors enjoy their daily routines and can benefit from these 5 easy and senior-focused resolutions that will allow them to take small steps towards a better self in the New Year.

1. Take a walk every day, even if it's short.

Just 20 minutes of physical activity a day, such as walking, can reap huge health benefits. According to AmericanTrails.org, seniors can decrease risk of developing diabetes, high blood pressure, heart disease and more just by staying active. Join or start a walking club at your [senior living community](#) with friends to get the added health benefits of staying social at the same time!

2. Skip dessert or opt for the sugar-free option.

Many senior communities now offer restaurant-style dining, and with this comes the opportunity to choose from a variety of sweet treats to satisfyingly end each meal. Even seniors who consciously watched their diet for years may become comfortable with eating dessert after dinner each night, which can lead to unhealthy weight gain and risk of high blood sugar. In the New Year, make an effort to skip dessert a few times a week, or choose the sugar-free option instead for better health.

3. Visit or write your grandchildren.

The art of a handwritten letter isn't lost just yet! If you can't get out to visit your grandchildren due to locality or mobility reasons, try starting a pen pal system with them. Seniors who stay connected with family and friends are more likely to feel content.

4. Rekindle or find a hobby.

Whether it be painting or coin collecting, many seniors forget about hobbies they once enjoyed for hours on end. Use the fresh start of the New Year as inspiration to get back to one of your favorite pastimes, which will conjure many good memories. Take it a step further and turn your hobby into community service, which may bring you great purpose. Do you love knitting? Try knitting newborn caps for babies at a local hospital, or gloves for children at a local family shelter.

5. Volunteer.

Experience a sense of purpose and satisfaction by helping others in need. There are endless opportunities for volunteering these days, be it a local food shelter or simply visiting with a less mobile senior. You don't have to embark on a month-long fundraising mission to make a difference. [Volunteering](#) can be as simple as visiting with a new or shy senior in your community who might appreciate a friendly face.

Source: Julia Little / Sunrise Senior Living



TRAUMA – FALLS

Fall Statistics

- One out of five falls causes a serious injury such as broken bones or a head injury.
- Each year, 2.8 million older people are treated in emergency departments for fall injuries.
- Over 800,000 patients a year are hospitalized because of a fall injury, most often because of a head injury or hip fracture.
- Each year at least 300,000 older people are hospitalized for hip fractures.
- More than 95% of hip fractures are caused by falling, usually by falling sideways.
- Falls are the most common cause of traumatic brain injuries (TBI).
- Adjusted for inflation, the direct medical costs for fall injuries are \$31 billion annually. Hospital costs account for two-thirds of the total. (Centers for Disease Control and Prevention, National Center for Injury Prevention and Control, Division of Unintentional Injury Prevention)

What causes a fall? Can you relate?

- *Poor balance *Dizziness *Poor gait *Cognitive impairments *Visual impairments *Tripping hazards
- *Decreased strength *Chronic conditions like diabetes, arthritis, and high or low blood pressure

How can I prevent falls?

- ⇒ Remove clutter in the home. Remove throw rugs, clear cords from the walking area, move furniture so that there is a clear pathway to walk.
- ⇒ Know your limitations, and ask for help if there is a task you cannot easily complete.
- ⇒ Use grab bars fixed to the wall in the bathroom, and never use sink edges or towel bars to support yourself.
- ⇒ Put nightlights in the bedroom & bathroom to increase your vision as you are moving around at night.
- ⇒ Wipe up any spill right away, and use a rubber-backed bathmat in the bathroom
- ⇒ Maintain your strength, balance, and endurance by staying active
- ⇒ Make sure you are drinking enough water and having regular meals to prevent dizziness
- ⇒ Wear shoes that fit
- ⇒ Have your eyes & ears checked once a year to make sure you take care of any vision or hearing problems.

What to do if you fall

- Try to relax your body to reduce the impact of the fall
- Don't rush to get up, make sure you are not hurt first
- Be sure to notify your healthcare provider

If you are having frequent falls or trouble with your balance, Physical and Occupational therapy can help to reduce your falls by:

- Increasing your strength, balance, and endurance to prevent future falls
- Making recommendations of adaptive devices and suggestions on how to arrange your house to prevent future falls.





APPLIANCE RECYCLING

PP&L makes it easy for you to properly dispose of your old appliance—and pay you to do it! Schedule online (<https://ppl elektricsavings.com/Appliance/Recycling>) for a FREE pickup of your refrigerator or freezer or call 1-877-486-9204. They will mail you a check for \$35.



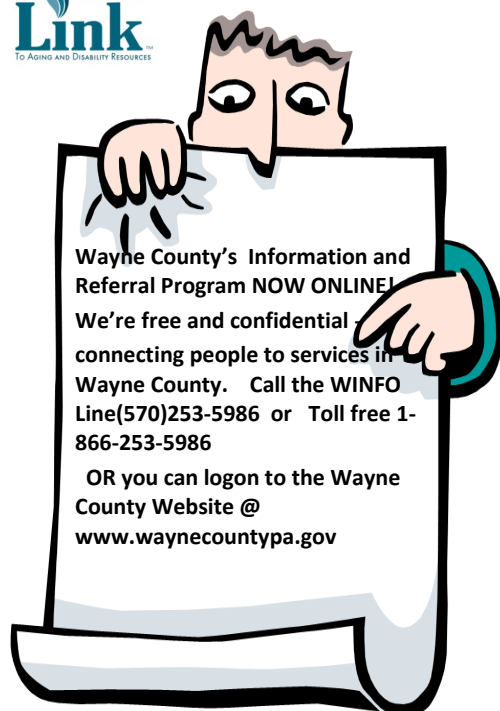
- **BONUS!** Do you have an old room air conditioner or dehumidifier? They'll pick it up at the same time as your fridge or freezer and give you another \$10 rebate.
- To qualify for PPL's Appliance Recycling Program, your refrigerator or freezer must be in working condition to align with the program goal of removing inefficient electric load from the grid.
- The refrigerator or freezer must be clean, empty, and defrosted.
- The refrigerator or freezer must be between 10 and 30 cubic feet in size.
- You must have an active electric account with PPL Electric Utilities at the address where you would like them to pick up the refrigerator/freezer.
- An adult, 18 years of age or older, must be present to sign a release form at the time of the pickup.
- The appliance must be plugged in on the day of the pickup.
- The appliance to be recycled must be disconnected from the waterlines prior to pick up crew's arrival.
- You must provide clear & safe access to your appliances for the removal team. They will not risk injury or be able to move personal effects or modify your home (e.g., remove door or railings) to remove unit(s).
- Side-by-side refrigerators are considered one appliance and are therefore eligible for one rebate.



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VOLUNTEERS WANTED

Are you interested in volunteering? We are seeking several helpers to assist with the 2018 tax preparation season. Training will be provided in January with the tax season starting in February through April 15th. Qualifications: familiar with basic math, friendly, and willing to help people, able to use a computer, enjoys learning new skills and information, and have a commitment to helping seniors and people with disabilities with their taxes. Contact Juliann Doyle at 570-253-4262 or email at jdoyle@waynecountypa.gov for a volunteer application and information on how to obtain clearances.



Production Coordinator: Kathy Robbins
Menu Coordinator: Amy Costantino
Editor: Kathleen Chicoski
kchicoski@waynecountypa.gov

Honesdale Center Earl J. Simons Center 323 10th Street, Honesdale, PA 18431 570-253-4262/570-253-9115 fax, end of 10th St. across from Stone Jail
Hamlin Center Salem Township Building, 15 Township Bld. Rd, Route 590 Hamlin, PA 18427 570-689-3766 // 570-689-5002 fax Route 191 South to Hamlin 4 corners turn right onto 590 West, go 1/2 mile turn right after UPS Sign

Hawley Center Robert J. Drake Senior Community Center 337 Park Place, Bingham Park Hawley, PA 18428 570-226-4209 // 570-226-3422 fax Route 6 to Hawley, past ball field across from Mayor's office, just before bridge, left onto Park St

Northern Wayne satellite @ Northern Wayne Fire Company, 1663 Crosstown Highway, Lakewood, PA 18439 570-798-2335 (fire co) Meetings March-October - 1st & 3rd Thursday; Meetings November-February—1st Thursday only

Waymart satellite @ St. Mary's Rectory at 262 Carbondale Road, Waymart. Meetings 1st & 3rd Thursday. Call Kimber Best 570-766-1916.

Transportation 323 10th Street, Honesdale, PA 18431; 8:00 am-4:00 pm www.co.wayne.pa.us go to "human services" click on "transportation" 570-253-4280; out of 253 exchange 1-800-662-0780

Wayne County Veterans Affairs Representative: Honesdale 314-10th Street, 9-4, Monday through Friday. For more info please call: 570-253-5970, Ext. 3114.

The Wayne County Adult Day Service is open Monday – Friday. To contact the center please call: 570-390-7388 in Hawley or 570-346-7860 in Scranton.

